

Natural Help 4...

ADHD in Children



What is Attention Deficit Hyperactivity Disorder (ADHD)?

[Attention Deficit Hyperactivity Disorder in children](#), commonly referred to as [ADHD](#), is characterized by poor concentration, hyperactivity, distractibility, and impulsiveness that are inappropriate for the child's age.

[ADHD child symptoms](#) include becoming **easily distracted** by sights and sounds in their environment, inability to concentrate for long periods of time, **restlessness and impulsiveness**, a tendency to daydream, and slowness in completing tasks.

[Attention deficit hyperactive disorder in children](#) is becoming increasingly common. For these children, their world can be **like living inside a continuous fireworks display**, where sounds, images, and thoughts are constantly exploding and distracting them, making it impossible for them to stay focused.

These children often find it impossible to fit in. As a result, they live in their own chaotic world. In order for these children to achieve their full potential, they should receive help, guidance, and understanding from parents, guidance counselors, and the public education system.

[ADHD child symptoms](#) often continues into adolescence and adulthood, and can cause a lifetime of frustrated dreams and emotional pain. Read more about adults with [ADHD](#).

The Difference Between ADD and ADHD

Attention Deficit Disorder (ADD) is the *umbrella* disorder, encompassing three sub-groups. These three groups are defined as follows:

- **ADD Inattentive Type**
A main characteristic of inattentive behavior is the inability to concentrate and focus. This lack of attention may only be noticed when a child enters the challenging environment of school. This is not classified as [ADHD](#), as hyperactivity is not present.
- **ADD Hyperactive/Impulsive Type**
A child with hyperactive and impulsive behavior is commonly 'all over the place' and very active (both mentally and physically), making hasty decisions at any moment. This is classified as [ADHD](#), as hyperactivity is present.

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- **ADD Combined Type**
ADD child symptoms of inattentive type are combined with the symptoms of hyperactive/impulsive type. This is the most common form of ADD. A child with more than six ADD combined type symptoms should have a comprehensive evaluation. This is classified as [ADHD](#), as hyperactivity is present.

How does ADHD Manifest in Children?

To their family, classmates, or teachers, children with [ADHD](#) seem **difficult and hard to manage**. However, children who have attention deficit hyperactivity disorder are not bad, lazy, or stupid.

These children have a **disorder that can make it difficult for them to follow instructions or participate in activities**. Parents are naturally concerned when their child's disruptive behavior, as it can cause numerous meetings with the school faculty.

Even though the child with [ADHD](#) often wants to be a good student, **the erratic behavior can be very troublesome** - so much so that it interferes with their ability to live normal lives.

Although [attention deficit hyperactive disorder in children](#) is a relatively new phrase, the disorder was first described by Dr. Heinrich Hoffman in 1845. "The Story of Fidgety Philip" was an accurate description of a little boy who had [ADHD](#). Since then, several thousand scientific papers on the disorder have been published.

[ADHD](#) is not itself considered a learning disability, but the [ADHD child symptoms](#) can lead to problems with learning, thus creating obstacles in a child's academic development. It is important to have a child thoroughly evaluated to determine if learning disabilities are present.

Learning disabilities are common in children with [ADHD](#), but not all children with learning disorders have [ADHD](#). [ADHD](#) does not affect intelligence, as children with the disorder span the same IQ range as the general population.

Diagnosing ADHD in Children

Many of the techniques and principles used to diagnose attention deficit hyperactivity [disorder in children](#) are the same as those used to diagnose adults with [ADHD](#), including teens.

Alternative Testing Methods

There are no objective means (i.e. blood tests) of diagnosing [ADHD](#) at this time, although your health care professional/ psychologist may see other signs or symptoms in your child that warrant blood tests, brain imaging studies or an EEG.

Steps in Making the ADHD Diagnosis

A diagnosis of [ADHD](#) is only applied to children who **consistently display**

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Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

certain characteristic behaviors over a period of time. Above all, the behaviors must **severely compromise at least two areas of your child's life**, such as school, home, or social settings.

For example, a child who constantly misbehaves at home but whose schoolwork or friendships are not impaired by these behaviors would not be diagnosed with [ADHD](#). Similarly, a child who seems overly active at school but functions well elsewhere would not be diagnosed with [ADHD](#).

Sometimes the problem can lie with the environment (school or home) rather than with the child. **Children often become little barometers of problems existing in their family or school environments.** In such instances, it would be incorrect to diagnose the child with a psychiatric disorder.

Because children mature at different rates and are very different in personality, temperament, and energy levels, it is useful to get an expert's opinion of whether the behavior is appropriate for your child's age.

Symptoms of [ADHD](#) must be inappropriate for age and not caused by any other environmental, psychological or physical factors. This means that a child with a primary diagnosis of anxiety disorder or depression, for example, should not be diagnosed with [ADHD](#) as well.

After the symptoms of the primary diagnosis are resolved, a further assessment can be carried out to determine if a diagnosis of [ADHD](#) is appropriate.

Unfortunately, the **practice of multiple diagnoses is common**, often leading to unnecessary and **excessive use of prescription drugs**.

The process of diagnosing [ADHD](#) must be therefore be very comprehensive. It requires several steps and it involves evaluating information from multiple sources.

NOTE: Under no circumstances should [ADHD](#) be diagnosed in any children who have been diagnosed with emotional disorders such as anxiety or depression.

During an assessment, specialists consider several critical questions:

- Are these behaviors excessive, long-term, pervasive, and affecting life tasks?
- Do they occur more often than in other people the same age?
- Are they a continuous problem, not just a response to a temporary situation?
- Do the behaviors occur in several settings or only in one specific place like the playground or at home?

Those who should be involved in assessing your child's behavior include:

- You, your partner, and your child
- Your child's school, teachers, and principal
- Your child's caregivers, nanny, or babysitter
- Your child's psychologist
- Anyone who can provide insight and contribute to the bigger picture.

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Your health care professional/psychologist might investigate the following areas:

- Pregnancy history (any problems during pregnancy or during delivery)
- Early childhood development
- Family history (for any occurrence of [ADHD](#))
- Family functioning
- Child's medical problems (physical problems, particularly allergies)
- School history and school reports (looking for specific problems beginning as early as possible that may have been encountered during the child's development)
- Sibling relationships
- Eating habits and sleeping patterns

Your health professional or psychologist will want to know how you handle different situations and may want to observe you interacting with your child. You may need to fill in checklists or rating scales about your child's behavior. If your child is home-schooled, it is especially important to assess his behavior in settings outside of the home.

Your health care professional/psychologist will also talk to your child about how he/she acts and feels. In addition to looking at your child's behavior, a physical examination may be necessary.

Psychologists will apply a battery of psychometric tests to assess your child's intellectual and emotional functioning in a variety of areas. These tests are very helpful in pinpointing areas of weakness and strength, and can also help to identify other problems such as learning or perceptual disorders that may be contributing towards your child's problems.

What are the Symptoms of ADHD?

[ADHD](#) does not have clear physical signs that can be seen in an x-ray or show up on a lab test. Symptoms are only identified by looking for associated behaviors, and these behaviors vary from child to child. **Symptoms typically occur in early childhood** (before age seven) and are present consistently for a period of six months.

Symptoms of [ADHD](#) include:

- Can be aggressive
- Fidgets or squirms
- Talks excessively, blurts out answers, or interrupts others often
- Has difficulty staying seated, standing in line, or waiting his or her turn
- Is impatient and often "on the go"
- Difficulty delaying responses
- Has difficulty playing quietly - often running, climbing, or leaving a seat in situations where sitting or quiet behavior is expected

True [ADHD](#) symptoms appear on a regular basis and can interfere with learning. That is why a teacher sometimes is the first to notice inattention, hyperactivity and/or impulsivity and bring these symptoms to the parents' attention.



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What Causes ADHD in Children?

One of the first questions a parent will ask is "Why is this affecting my child? What went wrong?" or even "Did I do something to cause this?"

When correctly diagnosed, there is little evidence that [ADHD](#) arises purely from social factors or child-rearing methods. Experts in the field are finding more and more evidence that **legitimate ADHD does not stem from the home environment**, but from biological causes.

Knowing this can remove a huge burden of guilt from parents who might blame themselves for their child's behavior.

Other possible causes of [ADHD](#) type symptoms are food intolerance, hypoglycemia (low blood sugar), allergies, low muscle tone, perceptual difficulties, nutritional problems, candida, hyperthyroidism, Tourette's Syndrome, brain dysfunction, family and emotional problems, poor discipline, depression, and other conditions.

Each of these problems would require different treatment and may even be exacerbated by Ritalin or other prescription medication for [ADHD](#), making correct diagnosis and evaluation even more important.

Researchers suspect that there are several factors that may contribute to the condition, including:

- **Heredity and genetics:** The fact that [ADHD](#) tends to run in families suggests that children may inherit a genetic tendency to develop an attention-deficit disorder from their parents.
- **Chemical imbalance:** Children who have [ADHD](#) do not make enough chemicals in key areas of the brain that are responsible for organizing thought or suppressing hyperactivity and impulsiveness.
- **Brain changes:** Areas of the brain that control attention are less active in children with [ADHD](#) than in children without the disorder.

The Myths Surrounding the Causes of ADHD

Although the following factors may present symptoms similar to those of [ADHD](#), research has shown that there is no evidence that [ADHD](#) is caused by the following:

- Immunizations
- Too much TV
- Poor home life
- Poor schools or colleges
- Bad parenting
- Aspartame (or sugar substitutes)
- Lack of vitamins
- Fluorescent lights
- Video games

However, in some cases, the above factors could certainly cause symptoms similar

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to those seen in ADD in certain individuals, and it is worth investigating their impact if a link is suspected.

Are Certain Children More Likely to Develop ADHD?

A child might have a greater chance of developing [ADHD](#) if one of their relatives already has [ADHD](#) or another type of behavioral disorder. Two to three times more boys than girls suffer with [ADHD](#), though the disorder is being identified increasingly in girls.

[ADHD](#) is the **most commonly diagnosed mental disorder** of children. It most often is discovered during the early school years, when a child begins to have problems paying attention.

Help for Children with ADHD

[ADHD](#) is often treated using conventional prescription medications.

While there is a place for prescription medication in certain cases of [ADHD](#), **careful consideration should be taken** regarding possible side effects and cautions.

There are also **alternative treatment options** available for treating attention deficit hyperactivity disorder. Making simple changes in diet, sleep, exercise and routine can help. Even trying more involved approaches like incorporating relaxation therapies such as guided imagery, meditation techniques or yoga can be beneficial.

There are also many **herbal and homeopathic remedies** which can help maintain harmony, health and systemic balance in the brain and nervous system, without side effects or sedation. These products are known for their supportive function in maintaining brain, nervous system and circulatory health, and well-being.

Managing ADHD in Children

Bringing up an [ADHD child](#), like bringing up any child, is a process. No single point is ever reached where the parent can sit back and say, "That's it. My child is now OK, and I don't have to do anything more." As a parent, you need to be proactive and take the initiative in finding the best possible way to help your child.

It is important for you to manage your child in ways that will be kind, firm, and effective. If parents are consistent with some of these suggestions and interventions, you may even find that your child's 'symptoms' disappear or become much less severe.

The first thing to look at is your child's diet. Not all children respond, but there are definitely some children who do - and quite dramatically! Things to avoid are soda pops and 'fizzy' cold drinks, anything with caffeine (again, cola drinks, coffee, Ceylon tea and chocolate), food with high sugar content, as well as anything containing tartrazine (an artificial food coloring), MSG, or artificial preservatives.



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One must make allowances for the occasional treat, but educate your child and be firm about what he may and may not eat, especially on school days.

Here is a brief summary regarding diet:

- Avoid foods and drinks high in sugar - e.g. candies - during school days, and limit over weekends.
- Avoid foods and drinks containing stimulants like caffeine - found in coffee, tea, chocolate and colas, as well as in many energy drinks.
- Avoid foods and drinks with artificial flavors and colors, especially tartrazine and MSG.
- Try to keep junk foods down to a minimum.
- See what happens if you eliminate wheat and refined carbohydrate from the diet for a few weeks. Many children have a wheat intolerance which can cause hyperactivity. Instead use oats, brown rice, and rye bread.
- Have your child eat lots of fresh fruit, salads, and veggies. Include fish in the diet as much as possible.
- Give your child a supplement containing flaxseed oil or evening primrose oil.

You may also try to limit the hours spent watching television and playing computer games, especially those with a high violence content. Television and computer games in excess have been shown to affect the child's ability to concentrate at school and can also cause reading problems in sensitive children. It is recommended that there be:

- No television on school nights
- Two hours in total during the weekend
- No television before school

While there is no single activity that guarantees kids with [ADHD](#) instant success, certain types of activities tend to reap more positive results.

- Look for activities with a singular focus such as sports that focus (e.g. karate, judo)
- Consider activities that involve movement, providing an appropriate and controlled physical outlet
- Learning a musical instrument
- Seek activities that offer individualized instruction
- Explore activities that result in tangible rewards

Avoid activities that:

- Involve a lot of down time
- Require too much divided attention
- Require fine motor skills

An ADHD Management Checklist

- Use frequent eye contact when speaking to your child or giving instructions
- Keep directions simple and set simple house rules
- Avoid major or frequent changes
- Be consistent in your discipline

- Provide a structured outlet for hyperactivity
- Teach using as many of the senses as possible and make learning interactive
- Review your expectations for your child
- Reward positive behavior immediately
- Anticipate situations
- Make sure your child is supervised all the time
- Learn and understand the symptoms of [ADHD](#)
- Keep a fairly consistent schedule, if possible
- Organize needed everyday items
- Use homework and notebook organizers
- Set a homework routine
- Focus on and reward effort, not grades
- Speak often to your child's teachers
- Play games that promote concentration, listening skills, and memory
- Make a special effort to highlight positives in your child

It is important to try not to:

- Use physical punishment
- Put too many expectations on your child
- Focus too much on the areas your child is struggling with

Controversial Treatments for Children with ADHD

No comprehensive discussion of [ADHD](#) is possible without considering the benefits and disadvantages of prescription drugs - a subject fraught with controversy.

The Controversy

[ADHD](#) stimulant medications have sparked a great deal of controversy. Often seen as an easy 'quick fix', they are **prescribed to treat symptoms but not the underlying cause** of ADHD.

Often parents feel that by researching alternatives to prescribed drugs, they are in some way neglecting their child and endangering their health. Ironically, side effects of these prescription drugs can seriously endanger a child's health.

Educating yourself on each of the prescription drugs used to treat [ADHD](#) is a necessity if you want to provide the safest treatment for your child.

[ADHD](#) represents a growing market for pharmaceutical companies. Although psycho-stimulants may be helpful for many families, no one should underestimate the influence of the economic issues involved.

Furthermore, the **long-term affects of prescription drugs for the treatment of [ADHD](#) has not been determined**, especially in the case of children. For this reason, treatment of [ADHD](#) with prescription drugs or stimulant drugs should be regarded as a last resort when all other avenues have been exhausted.

Prescription Medications & Their Side Effects

While there is a place for prescription medication in certain cases of ADHD, **careful consideration should be taken regarding possible side effects** and cautions.

Use of these stimulant medications in children under age 6 is not recommended. Discuss with your doctor the risks and benefits of giving these medications to your child.

It is **strongly advised that the following criteria are fully investigated** with regards to any prescription drugs for ADHD: common uses, cautions, possible side effects, overdose, additional information, and major drug interactions.

The Food and Drug Administration (FDA) are still investigating the side effects of certain prescription [ADHD](#) drugs, and it is advisable that parents do their own research into these medications so that they are fully aware of the potential risks.

Long-Term Complications

Research into the long-term effects of drugs prescribed for ADD is still in its early stages. More research is needed.

Discuss with your doctor the risks and benefits of using these medications or treating your teen with these medications.

The Food and Drug Administration (FDA) are still investigating certain side effects of certain prescription [ADHD](#) drugs, and it is advisable that individuals do their own research into these medications so that they are fully aware of the potential risks.

Other Considerations

Physicians still have a difficult time predicting which prescription medications will produce beneficial results, so treatment is individualized and performed on a trial and error basis. This **'hit and miss' technique requires close observation** and cooperation between all participants and is understandably not ideal. If an initial regimen doesn't work, doctors often change the dosage, switch to a different drug or even add another medication.

Some doctors even recommend trying a second psycho-stimulant if a first one fails. If the child still doesn't respond, antidepressants or other second-line drugs may be prescribed. Before long a child may be **taking a cocktail of drugs to treat the side effects of the initial medication**, thus creating a domino effect.

Medications don't cure ADHD, they only control the symptoms on the day they are taken.

Although the medications may help the child pay better attention and complete school work, they can't increase knowledge or improve academic skills. The medications can only help the child to use those skills he or she already possesses - but this may just as easily be obtained through **behavioral therapy and other proactive techniques** - such as 'out of the box' creative teaching methods. It is vital that you educate yourself on all aspects of ADD/[ADHD](#) before making a decision.

The best chances of minimizing side effects, is to use a remedy that is free of side-effects completely. Contrary to what some doctors believe, these do exist.

Other Treatment Options for ADHD in Children

With ADHD, **no single treatment is the answer for every child**. A child may have undesirable side effects to a medication, making a particular treatment unacceptable. Each child's needs and personal history must be carefully considered. It is important to work with a health care professional/psychologist to determine the safest treatment.

If all other options and avenues have been investigated, and prescription drugs are chosen for treatment, frequent follow-up visits should be scheduled to assess the response and to detect possible side effects. Children on medications should have regular checkups. Parents should also talk regularly with the child's teachers, psychologist, and health care professional about how the child is doing.

Stimulants are not a cure-all, and families should be informed of healthy choices with regards to food, exercise, healthy hobbies, and friends. The best chances of minimizing side effects, is to use a remedy that is free of side effects completely.

Alternative Treatments

- **Herbal and Homeopathic Remedies** - A number of parents have tried natural remedies as an alternative to psycho-stimulants and other drugs. Small trials have found some agents, such as oral flower essence, Ginkgo biloba, Panax ginseng, and melatonin may possibly have benefits for ADHD.

There are homeopathic remedies which effectively target some of the disruptive symptoms of [ADHD](#) and allow the child to concentrate more easily. **Natural remedies should be considered as a first step** ahead of prescription psychiatric drugs. When combined with strong dietary control, counseling as necessary, and a healthy lifestyle, **natural remedies have been shown to be effective** in helping to alleviate the symptoms of ADHD.

- **Dietary Approaches.** A number of diets have been suggested for people with ADHD. Various studies have reported behavioral improvement with diets that restrict possible allergens in the diet.

Parents may want to discuss with their health care professional, homeopath, or naturopath regarding implementing an elimination diet of certain foods or adding supplements that might help. This is a very individualized approach and would differ from child to child. Always consult a nutritional expert before restricting the diet of any child.

- **Feedback approaches.** A technique that uses auditory (sound) feedback may prove to be an effective tool for increasing children's attention.
- **Neurofeedback.** This technique uses electronic devices to help the child control their own brain wave activity.
- **Interactive metronome and musical therapy.** Feedback from sound is used to improve attention, motor control, and certain academic skills.

- **Massage and relaxation techniques.** Massage therapy can help [ADHD](#) children to feel more relaxed, fidget less, be less hyperactive, and focus on tasks. Other methods include reflexology, relaxation training, meditation, and music therapy.

Behavioral Therapy

For parents worried about over-medicating children who have attention problems, behavioral therapy may be a welcome addition to treatment. This type of therapy, carried out under the supervision of a psychologist, helps someone with [ADHD](#) alter their behavior and thought patterns to learn how to relate to others and succeed.

Other forms of treatment that may benefit the child with [ADHD](#) include:

- **Social skills training.** This can help a child with [ADHD](#) learn behaviors that will help them develop and maintain social relationships.
- **Support groups and parenting skills training.** Education and support for the parents can be an integral part of treating [ADHD](#) in children.

Conditions often Accompanying ADHD in Children

One of the difficulties in diagnosing ADHD is that it is often accompanied by other problems.

A number of disorders may mimic or accompany ADHD. Many experts believe the term [ADHD](#) should be used to describe a collective group of symptoms and behavioral problems. However, many of these problems require other methods of treatment and should be diagnosed separately, even if they accompany ADHD.

Because emotional disorders and attention disorders so often go hand-in-hand, every child who has [ADHD](#) should be checked for accompanying anxiety and depression. Remember, a diagnosis of [ADHD](#) cannot be made if the child suffers with anxiety or depression as a primary diagnosis. Anxiety and depression are serious disorders in children, and should be treated as soon as possible.

Many children with [ADHD](#) symptoms suffer from hypoglaecemia or are hypoglaecemic due to incorrect diet. This means that their blood sugar levels will fluctuate a lot, leading to mood swings, irritability, restlessness, as well as lack of concentration. Deficiencies in these elements will cause problems in concentration, memory, and mood.

Conditions Commonly Coexisting with ADHD

[ADHD](#) may coexist with one or more disorders. The most common disorders to occur with [ADHD](#) are:

- Learning Disabilities
- Tourette's Syndrome
- Oppositional defiant disorder (ODD)

- Conduct disorder (CD)
- Sleep disorders

Of course, **not all children with [ADHD](#) have an additional disorder**. Nor do all people with learning disabilities, Tourette's syndrome, oppositional defiant disorder and conduct disorder have ADHD. But when they do occur together, the combination of problems can seriously complicate a person's life. For this reason, it's **important to watch for other disorders in children** who have ADHD.

The diagnosis of ODD along with [ADHD](#) is seen as controversial by some. It is important to note that any child suffering from legitimate [ADHD](#) will feel frustrated and misunderstood. Behavior could therefore easily be seen as defiant, confrontational, and disrespectful. This then could easily be seen as ODD. Similarly, asserting his or her personality and will is a normal stage in any child's development - which can often be misdiagnosed as ODD. Once again, correct evaluation of the child is essential.

Conduct disorder (CD) is sometimes seen as a more serious pattern of antisocial behavior. Similarly, as with ODD, it is important to note that any child suffering from [ADHD](#) will 'act out' and unruly behavior could escalate. This could easily be seen as CD, but correct diagnosis and evaluation of the child is essential. Similarly, a child developing normally but who has emotional problems may destroy property, steal, and lie - all of which can be misdiagnosed as CD.

Any child with a principle diagnosis of an anxiety disorder, mood disorder, bipolar disorder, depression, or any other emotional disorder may not be diagnosed with ADHD. **Emotional disorders must be treated separately**, and as the only disorder affecting the child. Once these disorders have been treated, the initial symptoms of [ADHD](#) can be re-assessed.

Sleep disorders or disturbances are very common with [ADHD](#) children, which can lead to the age old 'chicken or the egg' question... "Is my child struggling to sleep because of the [ADHD](#) or is he or she suffering with [ADHD](#) symptoms due to lack of sleep?" Ironically, many stimulant drugs used to treat [ADHD](#) list sleep problems in children as a possible side effect to the prescribed medication.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be

further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Focus Formula: Helps maintain optimal mental focus, concentration, attention span and memory function.

Focus Formula is a 100% safe, non-addictive, natural, herbal remedy. Formulated by a Clinical Psychologist for both children and adults, Focus Formula has been used for many years to **safely maintain health and systemic balance** in the brain and nervous system.

Focus Formula contains a selection of herbs known for their supportive function in **maintaining brain, nervous system and circulatory health, and wellbeing.**

The formula remains true to the full spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy.

This method of manufacturing also significantly reduces the likelihood of side effects and ensures that all active ingredients are in perfect balance - exactly as nature intended.

Focus Formula can make all the difference, without the risk of sedation, compromising health or serious side effects. In combination with a healthy lifestyle and diet, Focus Formula supports the healthy functioning of the brain and nervous system, helping to **maintain motivation, concentration and memory, and optimum performance.**

[Learn more about Focus Formula](#)

BrightSpark: Aids in concentration, mental focus, and helps control tic disorders and anger outbursts in children.

BrightSpark is a safe, non-addictive, natural remedy containing 100%

homeopathic ingredients especially selected by our clinical psychologist. BrightSpark has been especially formulated for children and is a registered OTC homeopathic remedy to provide a balanced physical, cognitive and emotionally healthy climate to support healthy concentration and mental focus.

Many children fail to reach their potential despite the fact that they are **highly creative and intelligent** individuals with a wonderful sense of humor. Parents and teachers may be reluctant to suppress this spirit but recognize the need to help their children to improve concentration and conform to classroom standards of behavior. BrightSpark works by assisting the body in the **control of behaviors, emotions, and other obstacles** to effective concentration, thereby reducing distractibility, irritability and restlessness. It may be used to safely maintain health and systemic balance in the brain and nervous system, without side effects.

BrightSpark will help keep your child alert and focused while at the same time encouraging balanced mood and a positive demeanor. It will help with consistency and staying on-track with tasks, thereby improving classroom performance and helping children to reach their potential naturally.

BrightSpark is also particularly helpful for those who struggle with anger outbursts and inappropriate behavior that seems to resist all parental discipline.

This remedy is **registered with the FDA** according to the requirements governing homeopathic over-the-counter medication. All the proven ingredients in BrightSpark are listed with the HPUS (Homeopathic Pharmacopoeia of the United States) and the remedy is manufactured in a registered facility under pharmaceutical conditions.

In combination with a healthy lifestyle and diet, BrightSpark helps children to maintain **healthy consistent behavior, clear focus, and optimum performance** by providing a sound platform to support wellness and vitality. BrightSpark, along with other herbal supplements to support healthy brain functioning, can make all the difference without compromising health.

[Learn more about BrightSpark](#)

BrainTonic: Aids in cognitive processes including concentration, memory and attentiveness.

Triple Complex Brain Tonic is a combination of three cellular-supporting biochemic tissue salts selected for their effect on brain and nervous system health.

This combination of tissue salts can be used regularly to promote **systemic balance in the brain and nervous system**, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts, also called cell salts or biochemic salts, are composed of **minerals that occur naturally at a cellular level** in our bodies and all organic matter on earth (plants, rocks, and soil).

There have been twelve essential tissue salts identified as important components of all body cells. Without these components, true health is not possible. Each tissue salt plays a different yet vital role in **maintaining cellular health in the organs and systems** of the body.

Ensuring the healthy functioning of all brain and nervous system cells **enhances the bioavailability of supplements, remedies, and even nutrients** in your diet.

Brain Tonic **maximizes all health efforts of the brain** , in addition to herbs and vitamins that promote mental focus in diet alone. And, because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages as well as during pregnancy.

[Learn more about Brain Tonic](#)

Read the testimonials for these quality products [here!](#)

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Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

Payment plans are available, please [Click Here for More Info](#)

Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.